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FREE MAGAZINE

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Monsanto argues Roundup victim should receive less money because of imminent death

by Dr. Joseph Mercola

In August 2018, a California jury found Monsanto (now owned by Bayer AG) negligent in the case of a man suffering from the effects of Roundup. The jury found Monsanto had "acted with malice or oppression" and was responsible for "negligent failure" by not warning consumers about the carcinogenicity of its widely used weed killer. The plaintiff, 46 year old Dewayne Johnson, was and still is dying from Non-Hodgkin lymphoma.

Johnson handled and sprayed about 150 gallons of Roundup 20 to 40 times per year while working as a groundskeeper for the Benicia Unified School District in California, from 2012 through late 2015. His lawsuit, filed in 2016 after he became too ill to work, accused Monsanto of hiding the health hazards of Roundup. The jury ordered Monsanto to pay $289 million in damages to Johnson, $33 million of which was noneconomic damages for pain and suffering. In October, the judge upheld the guilty verdict but reduced the total award to $78 million.

As expected, Bayer/Monsanto appealed. What's shocking is the company's argument for significantly reducing the damage amount further. In its appellate brief, the company asked for reversal of the damages awarded based on the fact that Johnson is near death.

The company is essentially guilty of killing Johnson 33 years before his time, if you assume he'd have a normal life span of 79. Now Bayer/Monsanto wants reduced damages because he's only got less than two years to live. It's a new low even for Monsanto.

11 thousand lawsuits

In March 2019, a U.S. jury ruled Roundup was a substantial causative factor in the cancer of a second plaintiff, Edwin Hardeman. Judge Vince Chhabria had approved Monsanto's motion to divide the trial into two phases. The first phase limited evidence to that relating to causation only. In the second phase, jurors heard evidence related to liability. On March 27, the jury found Monsanto had acted with negligence and awarded Hardeman $80 million in damages, including $75 million in punitive damages.

A third case against Monsanto (Stevick et al v. Monsanto) was originally slated to go to trial May 20, 2019. However, Judge Chhabria recently vacated the trial date and ordered Monsanto/Bayer to begin mediation with all remaining plaintiffs in the federal multidistrict litigation overseen by him – some 800 in all. Aside from these, Monsanto faces roughly 11,000 additional plaintiffs who claim Roundup caused their Non-Hodgkin lymphoma.

Press manipulation

In related news, documents unearthed during the many lawsuits against Monsanto (colloquially and collectively known as The Monsanto Papers) reveal the company tried to discredit the International Agency for Research on Cancer (IARC), an arm of the World Health Organization (WHO). IARC scientists had reclassified glyphosate as a probable human carcinogen in 2015. They enlisted *Reuters* reporter Kate Kelland in its attempts to do so. Investigative reporter Carey Gillam writes:

"Not only did Kelland write a 2017 story that Monsanto asked her to write in exactly the way Monsanto executive Sam Murphey asked her to write it (without disclosing to readers that Monsanto was the source), but now we see evidence that a draft of a separate story Kelland did about glyphosate was delivered to Monsanto before it was published"

Another email suggests Monsanto was involved in crafting at least two other Kelland reports that were critical of the IARC, including her *Special Report: How the World Health Organization's Cancer Agency Confuses Consumers* story, published in April, 2016. According to Gillam, Kelland also "helped Monsanto drive a false narrative about cancer scientist Aaron Blair in his role as head of the IARC working group that classified glyphosate as a probable carcinogen."

Internal company correspondence shows Murphey sent Kelland talking points and a narrative he wanted her to use that included portions of a deposition Blair had given that was not filed in court. Kelland published the story, citing "court documents" as her source, when the source was in fact Monsanto.

"By falsely attributing the information as based on court documents she avoided disclosing Monsanto's role in driving the story," Gillam writes. "When the story came out, it portrayed Blair as hiding 'important information' that found no links between glyphosate and cancer from IARC.

Kelland wrote that a deposition showed that Blair 'said the data would have altered IARC's analysis' even though a review of the actual deposition shows that Blair did not say that. Kelland provid- *continued p.21...*

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As the unity of the modern world becomes increasingly a technological rather than a social affair, the techniques of the arts provide the most valuable means of insight into the real direction of our own collective purposes.
– Marshall McLuhan

Major civil liberties, media freedom, and human rights groups speak out against the arrest of Julian Assange

Who is Julian Assange and why is he important?

Julian Assange is an Australian journalist who founded WikiLeaks in 2006. Julian was the editor of WikiLeaks until September 2018: six months of his effective incommunicado detention in the Ecuadorian embassy in London then prompted Julian to appoint Kristin Hrafnsson as WikiLeaks editor-in-chief. Julian remains WikiLeaks' publisher.

Wikileaks' publications have had enormous impact. They have changed many peoples' views of governments, enabling them to see their secrets. They have changed journalism as a practice, as debates have raged over the ethics of secrecy, transparency and reporting on stolen documents. WikiLeaks has gained the admiration of people and organizations all over the world, as evidenced in the numerous awards it has won.

At the same time, Julian and WikiLeaks have incurred the wrath of several governments exposed in the releases, notably the United States. US public officials have threatened to prosecute Julian and WikiLeaks. Probably no organization in the world undertaking legitimate activity is the subject of such intense scrutiny, vilification and threats by the US government as WikiLeaks.

What is WikeLeaks.org?

If you have not visited WikiLeaks.org go there and see for yourself how important this journalism is to freedom of speech, freedom of the press, finding out what governemnts and multinational corporation are really up to, and for protecting our personal civil liberties.

WikiLeaks is an international non-profit organisation that publishes news leaks, and classified media provided by anonymous sources. Its website, initiated in 2006 in Iceland by the organization Sunshine Press, have released online 10 million documents in its first 10 years.

The following reactions were drawn from numerous examples posted on Defend.wikileaks.org.

Electronic Frontier Foundation

While the indictment of Julian Assange centers on an alleged attempt to break a password—an attempt that was not apparently successful—it is still, at root, an attack on the publication of leaked material and the most recent act in an almost decade-long effort to punish a whistleblower and the publisher of her leaked material. Several parts of the indictment describe very common journalistic behavior, like using cloud storage or knowingly receiving classified information or redacting identifying information about a source. Other parts make common free software tools like Linux and Jabber seem suspect. And while we are relieved that the government has not chosen to include publication-based charges today, the government can issue additional charges for at least another two months. It should not do so. Leaks are a vital part of the free flow of information that is essential to our democracy. Reporting on leaked materials, including reporting on classified information, is an essential role of American journalism.

Freedom of the Press Foundation

Trevor Timm: For years, the Obama administration considered indicting WikiLeaks publisher Julian Assange, before rightly concluding it could not do so without encroaching on core press freedoms. Now almost nine years in, the Trump administration has used the same information to manufacture a flimsy and pretextual indictment involving a "conspiracy" to violate the Computer Fraud and Abuse Act—based entirely on alleged conversations between a journalist and source. While the Trump administration has so far not attempted to explicitly declare the act of publishing illegal, a core part of its argument would criminalize many *continued p.20…*

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With Jaisri Lambert RPP, Certified Ayurveda Practitioner

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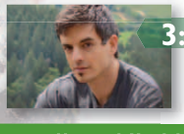

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International women's movement seeks to reunite Korea

There is a desire for reunification on both sides of the DMZ, as shown by the Monument to Reunification near Pyongyang, North Korea. Photo by Bjørn Christian Tørrissen

by Christine Ahn

On May 24, 2015, thirty women peacemakers from fifteen nations crossed from North Korea into Sound Korea in a demonstration calling for an official end to the decades-long Korean War. The peacemakers included American activist Gloria Steinem and two Nobel Peace laureates, Mairead Maguire from Northern Ireland and Leymah Gbowee from Liberia. The event was part of a growing women's movement to reunify Korea.

America leads the UN into war with the North

Korea became a divided nation in the aftermath of World War II when, in 1948, the United States, with a nod of agreement from the Soviet Union, divided the Korean peninsula. During the ensuing Korean war, the United States led the United Nations Command in a brutal scorched earth campaign across the Korean peninsula, particularly in the north where US bombing campaigns destroyed agricultural dams and leveled 80 percent of northern cities – actions considered war crimes under the Fourth Geneva Convention ratified that year.

Four million people died in the Korean War of 1950–53, most of them Korean civilians. The legacy of that conflict persists today:

- 60+ years after the hostilities ended with a temporary cease-fire agreement, we're still waiting for a peace treaty,
- 10 million families are still separated by the Demilitarized Zone (DMZ),
- 70 million Koreans live in a state of war due to the unresolved conflict,
- $1 trillion is spent by the US, China, Russia, Japan, and South Korea on militarization, fueled by unresolved conflicts.

The Korean War was incredibly vicious. More bombs were dropped in Korea than on all of Europe during World War II, and it was during this conflict that napalm was first used against civilians. President Harry Truman even threatening to deploy another atomic weapon. Within three months of the war's onset, 57,000 Korean children were missing and half a million homes were damaged or destroyed.

> From Ireland to Liberia, women have stood up to end violence and conflict. We can and must do the same for Korea.

One year into the war, U.S. Major General Emmett O'Donnell Jr. testified before the Senate, "I would say that … almost the entire Korean Peninsula is just a terrible mess. Everything is destroyed. There is nothing standing worthy of the name…There were no more targets in Korea."

It wasn't until some 4 million people had been killed that the war came to an unresolved end on July 27, 1953 with a temporary armistice signed by the United States, North Korea, and China. South Korea was not a signatory because it had ceded military power to General Douglas MacArthur. A permanent peace agreement never materialized, which means the war is technically still on. Sixty years later, the DMZ, strewn with over 1.2 million land mines, remains the world's most heavily militarized border, with South Korean, North Korean, and U.S. troops poised for war.

We are facing, once again, perilous times as tensions escalate in the Asia-Pacific. Most western governments and the mainstream media point to North Korea's nuclear tests and perceived belligerence as the cause of the escalation – when in fact it is caused by two major US foreign policy tactics.

First was the so-called "pivot". In 2011, the Obama administration announced a plan to transfer significant military resources to Asia and the western Pacific, including expanded bases, surveillance, and equipment. The Pentagon committed to deploying 60 percent of its air and naval forces to the region, including sending US troops to Vietnam, the Philippines, and Australia. The "pivot" is serving to exacerbate unresolved conflicts from the last century.

Second are the perennial US-ROK joint military exercises against North Korea – which North Korea justifiably views as acts of provocation. The annual US-ROK "Key Resolve/Foal Eagle" war games, usually staged in March, and "Ulchi Freedom Guardian"

maneuvers in August, typically last for months and involve tens of thousands of US troops and hundreds of thousands of South Korean troops. In the exercises, US Army, Navy, Air Force, Marine, and Space Command forces simulate the overthrow of North Korea's leadership, the occupation of Pyongyang, and the reunification of the peninsula under US and South Korean control.

When reflecting on the impact of all this militarization, I think about the elderly rice farmers in Pyongtaek who used their bodies to defend their community from being bulldozed to accommodate the expansion of a US military base. I think about the tangerine farmers and women sea divers of Gangjeong village on Jeju island struggling day and night to stop the construction of a US-backed Korean naval base. This is what the militarization of the Korean peninsula looks like, and the road to peace runs through Washington.

Women's leadership is crucial

The international women's initiative to end the Korean War has strategic importance for three key reasons. First, the war has a disproportionate impact on the lives of women. As feminists, we know that nationalism, patriarchy, and militarism intersect. The militarization of the peninsula inevitably leads to exaggerated masculinization of society, which increases violence against women, including sexual violence by US servicemen and the reallocation of resources from social welfare towards the military. Furthermore, Korea's partition has very real consequences for North Korean women, especially those seeking a better life outside of North Korea.

According to estimates by aid workers, 80 to 90 percent of female refugees from North Korea are trafficking victims. At a women's circle in South Korea, one 19-year-old escapee talked of being raped four times during her journey: once by the Korean Chinese man who promised to find her work in China; a second time by the Chinese man who hid her from the authorities; a third time by the South Korean coyote who brought her into the country; and a fourth time by the South Korean CIA. This she had to endure in order to survive her journey.

Second, women have a special perspective derived from our relationships with family, children and community. That perspective brings the experience of families, women and ordinary citizens into sharper focus in societies burdened by armed conflict. We can provide crucial insights into the day-to-day impacts of ongoing war on peoples' lives.

Finally, the deadlocked situation calls for game-changers – people outside the structures of military and political power. As women, we can use our ingenuity to go beyond conventional paths outlined and dominated by patriarchal institutions. Women are not held back by limited ideas regarding solutions; we use our imagination and creativity to break through repressive structures.

Bringing an end to the Korean War is central to all of this, with the United States, South Korea and North Korea signing a peace treaty. But it will take more than signing a document to end over half a century of enmity and mistrust; achieving lasting security will require a new approach. It will take women's leadership, because women realize that genuine security means having health, education, and freedom to live without fear and want. From Ireland to Liberia, women have stood up to end violence and conflict. We can and must do the same for Korea.

Christine Ahn is a founding member of Women Cross DMZ, a global movement of women mobilizing to end the decades-old Korean War. In May 2015, she organized women's peace symposiums in Pyongyang and Seoul; a women's peace walk on both sides of the DMZ; and a historic crossing from North to South Korea with 30 women peacemakers from 15 countries. Since then, she has worked tirelessly to bring the voices of Korean women calling for lasting peace to the forefront. Ahn is currently a key figure at Korea Peace Now! Women Mobilizing to End the War, a new global campaign of civil society groups educating, organizing and advocating for a Korea peace agreement by 2020. For more information, visit www.womencrossdmz.org and KoreaPeaceNow.org.

What Leo Tolstoy had to say

The Russian writer **Lev Nikolayevitch Tolstoy** (1828 – 1910) – usually rendered as **Leo Tolstoy** – was a philosopher and social activist who had a major influence on the development of Christian anarchism, and on nonviolent resistance movements such as those of Mahatma Gandhi, Martin Luther King, Jr., and James Bevel.

Selected quotations

The hero of my tale, whom I love with all the power of my soul, whom I have tried to portray in all his beauty, who has been, is, and will be beautiful, is Truth.
Sevastopol in May (1855)

I sit on a man's back, choking him, and making him carry me, and yet assure myself and others that I am very sorry for him and wish to ease his lot by any means possible, except getting off his back.
Writings on Civil Disobedience and Nonviolence (1886)

In all history there is no war which was not hatched by the governments, the governments alone, independent of the interests of the people, to whom war is always pernicious even when successful. The government assures the people that they are in danger from the invasion of another nation, or from foes in their midst, and that the only way to escape this danger is by the slavish obedience of the people to their government. This fact is seen most prominently during revolutions and dictatorships, but it exists always and everywhere that the power of the government exists. Every government explains its existence, and justifies its deeds of violence, by the argument that if it did not exist the condition of things would be very much worse. After assuring the people of its danger the government subordinates it to control, and when in this condition compels it to attack some other nation. And thus the assurance of the government is corroborated in the eyes of the people, as to the danger of attack from other nations.
Christianity and Patriotism (1895)

I have already several times expressed the thought that in our day the feeling of patriotism is an unnatural, irrational, and harmful feeling, and a cause of a great part of the ills from which mankind is suffering, and that, consequently, this feeling – should not be cultivated, as is now being done, but should, on the contrary, be suppressed and eradicated by all means available to rational men. Yet, strange to say – though it is undeniable that the universal armaments and destructive wars which are ruining the peoples result from that one feeling – all my arguments showing the backwardness, anachronism, and harmfulness of patriotism have been met, and are still met, either by silence, by intentional misinterpretation, or by a strange unvarying reply to the effect that only bad patriotism (Jingoism or Chauvinism) is evil, but that real good patriotism is a very elevated moral feeling, to condemn which is not only irrational but wicked. What this real, good patriotism consists in, we are never told; or, if anything is said about it, instead of explanation we get declamatory, inflated phrases, or, finally, some other conception is substituted for patriotism – something which has nothing in common with the patriotism we all know, and from the results of which we all suffer so severely.
Patriotism and Government (1900)

It will be said, "Patriotism has welded mankind into states, and maintains the unity of states." But men are now united in states; that work is done; why now maintain exclusive devotion to one's own state, when this produces terrible evils for all states and nations? For this same patriotism which welded mankind into states is now destroying those same states. If there were but one patriotism say of the English only then it were possible to regard that as conciliatory, or beneficent. But when, as now, there is American patriotism, English, German, French, Russian, all opposed to one another, in this event, patriotism no longer unites, but disunites.
Patriotism and Government (1900)

by Geoff Olson

Bastards and bodhisattvas

From high hopes to high office

This month I've been tasked to write on "why voters don't trust politicians once they get into power." The simple answer is that they're all a bunch of lying bastards. There, that was easy. See you in a future issue, folks! Perhaps I should expand on that.

Through bitter experience, voters are conditioned to believe the worst in elected officials. However, memories are short. Well before another election, we're back on Facespook debating the relative merits of Thing One versus Thing Two, and whether or not Thing Three is a spoiler. Usually one of the Things is charismatic enough to capture a critical mass of voters' hearts and minds, and is swept into office on a tide of hope n' change.

From there it's all downhill, as the voters' starstruck devotion shades into the contempt of jilted lovers. Ah, the power of projection…it's so Hollywood! Think Barack Obama in 2008 or Justin Trudeau in 2015.

It was difficult to not fall for the media-massaged triumph of Obama's campaign. But even professional skeptics like me were unprepared for how disappointing the Chicago politician would prove to be. Newly installed in the Oval Office after the 2008 credit crash, he packed his cabinet with suits from Goldman Sachs, who helped him author a bank bailout that set Wall Street's moral hazard light on a solid green. He more than doubled the number of Bush/Cheney foreign wars, and nixed a law that forbade domestic propagandizing of American citizens. His administration prosecuted more whistleblowers under the Espionage Act than all previous presidents combined. But who cares? He was "so articulate" – one helluva Teleprompter reader!

To this day, the Obama cult still runs strong around proper-thinking progressives, who generally respond to such criticism with, "But Trump is worse!" It's impossible to disagree, but the Commander in Tweet is just a more unsightly spawn of the same Military-Financial Entertainment swamp responsible for "Terror Tuesdays": Obama's weekly meetings with Pentagon officials to decide which people where to drone into nonexistence.

So why don't people trust politicians after they're elected? Well, one big factor is "regulatory capture," which means the hijacking of governmental policy by corporate benefactors. Even though Canada has a law on the books forbidding corporate campaign contributions, there are going to be nods and winks and even outright violations, as revealed in the recent revelations about SNC Lavalin's illegal Liberal Party donations.

But the problem runs deeper than this. When you're a critic of the governing system you are by definition outside it. Those who "speak truth to power" generally don't have much of it. And those who move from outsider status to insider political careers soon find that honest, principled exchanges get problematic, as Judy Wilson-Raybould discovered.

Once you are in office, you have certain kind of power. Will you risk this power by speaking truth to the more powerful (the boss), even if it remains a private exchange?

A few years back, a friend of mine was approached by the provincial NDP to run as an MLA. They told me that as a condition of running for the NDP, they were obligated to support the dictates of the party, over any conflicting position from their constituents, or their own conscience. They would follow the party's dictates on all matters. Keep mum and play along, was the message. They refused, and that was that.

It's a near certainty that lockstep agreements like the one cited above aren't limited to one political party. This means the system self-selects for the kind of people ready to sign away their conscience. According to the late BC journalist and former Socred minister Rafe Mair, this pattern of electoral groupthink also holds at the federal level.

"Our system is neither democratic nor responsible, but rather a dictatorship of the Prime Minister with the elected MPs utterly irrelevant," Mair wrote at the intro of his explosive little tract from 2017, *Politically Incorrect: How Canada Lost it's Way and the Simple Path Home.*

MPs play do nothing in shaping or preparing legislation, he claims. "They play no role in this and their opinion is not only irrelevant, if an MP bothers the PM on such matters, he's seen as a nuisance…" The MP's chances of political advancement are then radically reduced.

"If MPs tell you they discuss policy all the time it's bullshit. They may talk about it in the nearest watering hole, or in bitching sessions, but they play NO role in making it, changing it, or making decisions on legislation, whether it's needed, if so what subject, what it should or shouldn't say and so on," Mair observed.

The cantankerous journalist (God bless his soul) supplied testimony of legislative powerlessness from former MPs, which I won't depress you with. Where I differ from Mair is his choice of words; he insisted we live in a "dictatorship of the PM," but I prefer the less rhetorically charged "virtual democracy." While we can't say we have an Athenian model of parliamentary representation in Canada, there are no four AM visits from stormtroopers to pesky artists and activists. It's kind of a Truman Show with ballot boxes and Timbits – largely farcical, but not near as silly and scary as the inverted totalitarianism south of the border.

The "Mair Solution" as the author called it in the penultimate chapter of his book, is to make all members' votes on house bills secret. This way the party leaders can't hold members' decisions against them later. And critically, it would be structured so that a failed vote wouldn't topple the government. Among other advantages of this arrangement, it would incentivize the PM to bring MPs into the policy decision-making process.

Significant tweaks like this to parliamentary procedures would help Canadian voters trust their elected representatives more – if only because they would have a greater chance to perform, rather than *perform*. With luck, we might see the return of the "public service" meme, encouraging a few more bodhisattvas and few less bastards.

Geoff Olson is a non-Pulitzer prize-winning writer and cartoonist.
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So, you're *not* in a relationship

Maturity includes the recognition that no one is going to see anything in us that we don't see in ourselves. Stop waiting for a producer. Produce yourself.
– Marianne Williamson

You didn't think it would be like this. All your friends are getting married, having babies, or are older and have someone with whom to retire. It is hard to see others enjoying what you have so wanted to achieve. It might seem as though you are the only one in this situation: everyone is happy except you.

If we have visualized only one acceptable future for ourselves, and it does not materialize, we will naturally be disappointed. However, suppose our path was meant to be different. I believe our souls have an intention in coming here. It is one that will serve our learning and growing. Ego is unaware of that intention, and wants what it wants!

If we are alone, it is time to get to know ourselves, love ourselves and to be happy with ourselves. The most important relationship we will ever have is the one with ourselves.

Ego decides we have been shortchanged; we have not been given what we deserve. This is followed by all kinds of self-judgement: "I am not good enough," "Something must be wrong with me," or "I will never be happy." Life can be coloured by a sadness that pervades every day, or an immobilization that finds us waiting for just the right thing to happen.

If we are alone, it is time to get to know ourselves, love ourselves and to be happy with ourselves. The most important relationship we will ever have is the one with ourselves. Many never get to truly develop that.

Relationships with others do not always bring happiness. Look at celebrity marriages where the couples have absolutely anything anyone could want. First comes the big romance, the big ring and the fantasy wedding. In time, they join the close to fifty percent of other marriages that do not last.

Forget the idea that "I will be happy when…" Figure out how to be happy in the here and now, whatever your situation. Pursue your interests, go places and do things you love. Do not think of yourself as half a person because you don't have an "other half." If a person is our other half, then we have lost half of ourselves.

Try not to mope or get lost in a sense of loneliness. That is a "glass half empty" perspective. Focus instead on how to nurture, entertain and have fun with yourself. If you are craving love and feel abandoned it is likely because you have abandoned yourself and do not really love yourself. You need someone else to do that for you, to make you feel you have value.

That is a dangerous perspective going in to a relationship because your partner will inevitably let you down, and when that happens you will fall apart and feel desperate. Your relationship will be based on a constant need to feel validated by your partner and that is not his or her job. It is yours.

Learn to find happiness in yourself. Choose to be happy. It is a choice. And when you have accomplished this, and only then, will you live "happily ever after".

Gwen Randall-Young is an author and psychotherapist in private practice. To read more articles, or to order books, "Deep Powerful Change" Hypnosis MP3s, or MP3s for Creating Effective Relationships visit www.gwen.ca or check out her Facebook inspirational page.

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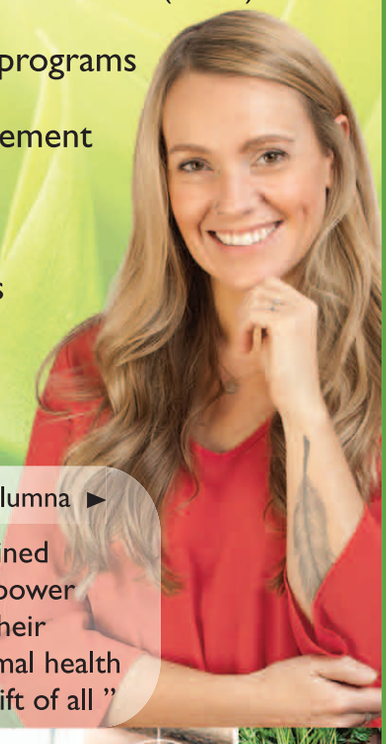

Heather Allen, CNP, 2014 Alumna ►

" The invaluable knowledge I gained at IHN has allowed me to empower people with the tools to live their most vibrant life through optimal health which is the most rewarding gift of all "

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Mac McLaughlin

StarWise

May 2019

The new moon and full moon take place in Taurus this month. Let's dig into this sign a bit. Taurus is a fixed Earth sign. Generally, the month of May represents one of the most beautiful times of the year. The crops are growing and all of nature is busy, and the birds and the bees are doing their thing. Life is sustained and stabilized. Well that's the general story. This year we have Uranus visiting Taurus which may very well shake up the environment. Floods, storms, tornados, hurricanes, and you name it are surely going on. Each planet has a sign in which it can truly shine and bring on its best performance. It's called the planet's exaltation sign. Conversely, each planet has a detrimental sign in which it behaves badly, or just cannot wield its energy properly. I don't think that there could be a more difficult combination of planets in line than Uranus in Taurus. Likened to the activity that happens in nature, this type of energy will manifest in the boardrooms and bedrooms across the land as well. Anything that has become stagnant or stale, oppressive or repressive stands the chance of major upheaval. In our country we have big shake ups in Ottawa, and the rest of the nation wrestles with very complex problems regarding the safety and ecology of the environment. Protests and counter-protests will be on the menu for the foreseeable future. South of the boarder we have… well they have their hands full with The Donald running the show; and anything goes. Shift, shock, change and rearrange is the mantra of the times. We either make the changes, or nature will make them for us.

Those born under the sign of Taurus are known to be pleasantly charming, warm and gracious, and very much attracted to the good things in life. That is of course until you rile them up. Then it's a different style. Ferdinand the bull is an apt symbol for Taurus. Tiptoeing through the tulips having a good time, and the angry bull ready to charge when provoked. Taurus has one way, (theirs). "It's my way or the highway" is what truly happens when you go up against them. As one Taurus said, "I thought I was wrong once, but I was mistaken." The guy was serious – and offended when others laughed about it.

The new moon on May 4 provides the opportunity to make long term plans or to start something that will take sustained effort and cooperation in order to achieve one's goals. The full moon, on May 18, will be powerful and dynamic as many realizations regarding what's what in the world of politics unravels its realities. One more note: the potential for forest fire is huge, as is the potential for accidents and incidents. Let's try being more tolerant and patient with one another. One Love, one Blood, one Life.

Mac McLaughlin has been a practising, professional astrologer for more than four decades. His popular **Straight Stars** column ran in Vancouver's largest weekly newspaper for 11 years. Email mac@macsstars.com or call 604-731-1109.

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ARIES Mar 21 - Apr 19
The new and full moon this month take place in your solar second house. The houses are the fields of activity for the planets. The second house relates to earning potential, family relations, and diet. It's time to change your habits. Out with the old, and in with the new.

TAURUS Apr 20 - May 21
It's your time of the year, and your time to shine. It's also time to truly make revolutionary changes in your life. New life, new love, and new realities roll in like giant waves. Ride em, or get bowled over by them. A highly creative time is upon you. Don't waste it.

GEMINI May 22 - Jun 20
Mars continues to heat up the scene. You won't be bored, but you may be floored. Hopefully not literally. It's a very dynamic time for your sign. Great headway can be realized. Lighten up on the gas pedal, and slow down as the potential for mishaps is very strong.

CANCER Jun 21 - Jul 22
Join up, sign up, and get up and go. Move towards your destiny. You've been restless, with a certain knowing that changes are in the wind. Many aspects of your life are dying off, and new life is starting to manifest. You won't be able to sit still much longer.

LEO Jul 23 - Aug 22
You may be dreaming of those far off places, or possibly you're already there. Career changes are in the works, and it would suit you well to make it happen. Name, fame, and riches are not enough. It's about your spirit, and spiritual life. It's the only thing that will fulfill you.

VIRGO Aug 23 - Sep 22
A lot of very positive planetary energy is flowing into your sign. You can sit back, and live off of the fat, or truly amp up the action and capitalize on this dynamic time. I didn't say it was a cake walk. Careful, cautious action is needed.

LIBRA Sep 23 - Oct 22
It's time to play the long game. Go deep, and try to figure what is truly important in your life. Insurance, inheritance, joint monies, losses and gains, life beyond the physical realm, and the occult are just a few topics that are creating that itch that you have to scratch.

SCORPIO Oct 23 - Nov 21
The Full Moon on May 18, takes place in your sign. You get those ahah moments, in which revelations and realizations come flying through your psyche. It is time to reassess and reevaluate everything. There's more to life, and you know it on a deep intrinsic level. Surprises come your way.

SAGITTARIUS Nov 22 - Dec 21
Mars and Jupiter form an opposition in the first ten days of the month. It's a dynamic formation that will set a fire under your backside. You're on a mission of some sort. Health, relationships and various forms of partnerships figure into the play. Court battles could manifest now.

CAPRICORN Dec 22 - Jan 19
When you reach the top of the mountain the only way to go is inward. That's where the true journey of discovery takes place. Nothing remains the same, even the mountains turn to dust over time. What you resist persists, and what you assist desists. Rise up dear soul, rise up.

AQUARIUS Jan 20 - Feb 19
Intellectual knowledge has its place, but at some point you will need to set it aside and relate on a purely soul level. Repeating the word water will not quench your thirst. You must get unstuck, and break away from the lethargy that has you bound down. Have mercy on yourself.

PISCES Feb 20 - Mar 20
You have the wisdom of the other eleven signs incorporated within yourself. It is such a strange time in which you're close to the truth, but it seems so far away. God hears the cry of the elephant, and the tinkle of the ankle bracelet on the ant. He hears your prayers, have faith, and keep giving your love.

Civil society groups condemn plan to exempt nuclear reactors from Bill C-69 impact assessment

'Running shoes?'

The Government of Canada is proposing that the "project list" for Bill C-69, the Impact Assessment Act, exempt many nuclear reactors from any environmental assessment. Civil society groups are condemning the exemption from environmental assessment under Bill C-69 and demanding that all new nuclear reactors be subjected to formal environmental assessment, as is now the case.

The federal government's discussion paper, released on May 1, proposes that all nuclear reactors that produce less than 200 megawatts of heat be excluded from the Impact Assessment Act, as well as nuclear reactors built on existing nuclear sites that produce up to 900 megawatts of heat.

"Excluding nuclear energy projects from impact assessment means there will be no credible sustainability-based assessment of the environmental, health, economic or social impacts of new, expanded or refurbished nuclear energy projects before they proceed," says Theresa McClenaghan, Executive Director and Counsel for the Canadian Environmental Law Association. "In our view, giving the nuclear power industry a free pass under the Impact Assessment Act is the antithesis of sound and precautionary environmental planning, and should not be countenanced by Parliament."

"It is shocking that the federal government expects nuclear projects to go ahead with no impact assessment," says Dr. Ole Hendrickson, a retired Environment Canada scientist and board member of Sierra Club Canada Foundation. "This may benefit the nuclear industry, but at the expense of the environment, public health and safety and the rights of Indigenous communities."

In November, federal Minister of Natural Resources Amarjeet Sohi launched a "roadmap" at a nuclear industry conference in Ottawa that outlines plans to build Small Modular Reactors (SMRs) in Indigenous and northern communities and at remote mining sites across Canada. The Roadmap's recommendations (https://smr-roadmap.ca) included comments suggesting that SMRs should be exempted from Bill C-69.

The discussion paper for Bill C-69 regulations says that the effects from SMRs are "well known" and "share core characteristics" with existing conventional reactor technology. However, all proposed SMRs would employ new and untested designs, or technologies, some involving liquid metal and molten salt coolants that caused serious accidents in early prototype reactors, and some using controversial fuels never commercially allowed in Canada before, based on plutonium, thorium, or enriched uranium.

"People in northern and Indigenous communities where the nuclear industry wants to build these reactors have a right to know what the risks are," says Hendrickson. "A formal impact assessment with public disclosure is essential to identify these risks, including radioactive emissions and long-lasting contamination of soil and groundwater, especially due to malfunctions or accidents."

Impact assessment of SMRs became a focus of media attention last November when it was revealed that Canada's nuclear regulator, the Canadian Nuclear Safety Commission (CNSC), had been secretly lobbying the Government for the reactors to be exempted from environmental assessment. The Globe and Mail reported that CNSC encouraged the government to exempt small modular reactors from the list of designated projects (see Federal nuclear regulator urges Liberals to exempt smaller reactors from full panel review (www.theglobeandmail.com/business/article-federal-nuclear-regulator-urges-liberals-to-exempt-smaller-reactors - November 6, 2018).

The discussion paper also does not include decommissioning of nuclear reactors and facilities on the project list for Bill C-69. Decommissioning includes cleaning up, dismantling and removing contaminated nuclear facilities; storing the resulting radioactive waste; and returning the nuclear sites back to public use. This is despite the environmental risks of these activities and direct requests from host communities (https://oshawaexpress.ca/region-wants-role-in-nuclear-shutdowns).

Remediation of contaminated nuclear sites, new radioactive waste storage facilities at existing nuclear sites, and nuclear waste transport are also not identified for impact assessment in the discussion paper.

The federal government is giving Canadians until May 31 to submit comments on the discussion paper regarding the Bill C-69 Project List at the following address: impactassessment-regulations.ca (http://impactassessmentregulations.ca).

About CCRCA
www.concernedcitizens.net

The Concerned Citizens of Renfrew County and Area was formed in 1978 to research and advocate about nuclear waste and other pollution issues in Eastern Ontario and the Ottawa River watershed. The group works closely with other civil society groups to promote responsible management of radioactive wastes and protection of the environment.

About CCNR
www.ccnr.org

The Canadian Coalition for Nuclear Responsibility is a not-for-profit organization, federally incorporated since 1978, dedicated to education and research on all issues related to nuclear energy, whether civilian or military, especially those pertaining to Canada.

About Sierra Club of Canada Foundation
www.sierraclub.ca

Sierra Club Canada Foundation is a national and grassroots non-profit organization committed to empowering people to protect, restore and enjoy a healthy and safe planet.

About Ralliement Contre la Pollution Radioactive
https://bit.ly/2H5Le6r

The mission of the Ralliement contre la pollution radioactive (RCPR) is to act voluntarily and collectively to promote responsible solutions for the management of radioactive waste that are safe for the environment and for the health of the population.

ABOUT CELA
www.cela.ca

The Canadian Environmental Law Association is a public interest law group founded in 1970 for the purposes of using and enhancing environmental laws to protect the environment and safeguard human health. CELA lawyers represent low-income and vulnerable communities in the courts and before tribunals on a wide variety of environmental and public health issues.

Orthomolecular Medicine Today

48th Annual International Conference

May 31 – June 2, 2019

Fairmont Hotel Vancouver 900 W Georgia St, Vancouver, Canada

The 48th Annual International Orthomolecular Medicine Today Conference is a continuing education event for medical doctors, naturopathic doctors, nurse practitioners, pharmacists, nutritionists, and other health care professionals. The Conference is presented by the International Society for Orthomolecular Medicine, which brings together orthomolecular associations established in more than 25 countries around the world.

Orthomolecular Medicine Today provides a forum for leading clinicians and researchers to present current advances in the use of non-patentable molecules for the treatment and prevention of disease. This year's Conference will feature sessions on orthomolecular oncology, immunology, and general medicine, with a focus on improving patient outcomes through nutritional intervention and the use of orthomolecular therapies.

For additional information including presentation outlines, speaker bios, and online registration, visit:

www.isom.ca/event/omt2019

Public Workshop

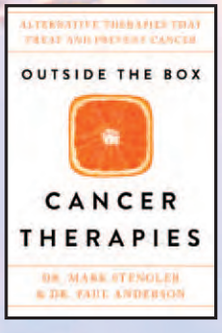
Sunday June 2, 2:30 pm

Orthomolecular Cancer Therapies

Join leading Naturopathic Physicians for an interactive discussion on innovative orthomolecular cancer therapies

This interactive workshop will provide information on the safety and efficacy of vitamins and other naturally occurring substances in integrative cancer care. **Paul Anderson, NMD**, Medical Director of Advanced Medical Therapies will deliver a keynote presentation on his recently published book *Outside The Box Cancer Therapies* (Hay House 2018). Dr. Anderson will be joined by leading Canadian Naturopathic Physicians for a discussion on innovative cancer therapies. Panelists include:

Dugald Seely, MSc, ND (Winner of the 2017 Dr. Rogers Prize)
Walter Lemmo, ND (Lemmo Integrated Cancer Care, Vancouver)
Sharon Gurm, ND, FABNO (Port Moody Health Integrative Medicine & Cancer Care)



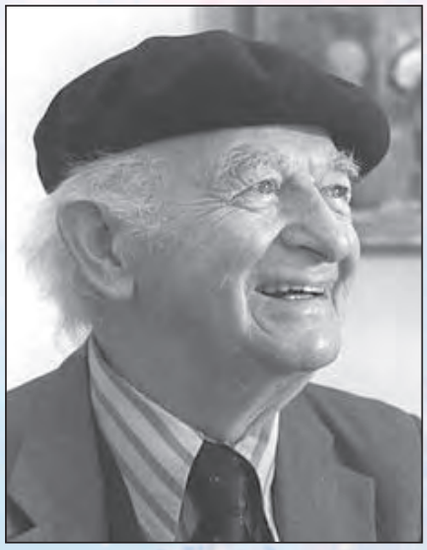
Registrants will receive a FREE copy of *Outside the Box Cancer Therapies* (List Price $35.99)

Admission: $39 in advance
$49 at the door

For more information & registration

www.isom.ca/event/cancer-workshop

Orthomolecular Education

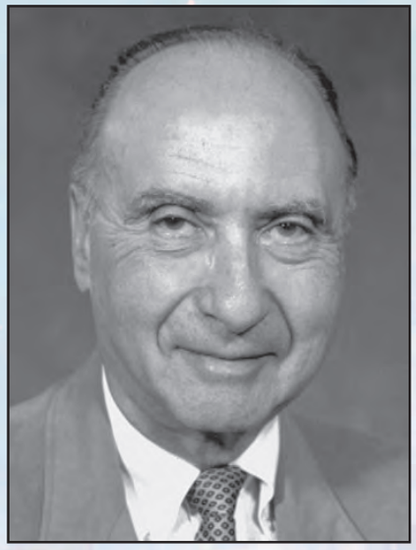


Linus Pauling

In 1968, two-time Nobel laureate Linus Pauling coined the word 'orthomolecular' to describe the use of naturally-occurring substances, particularly nutrients, in maintaining health and treating disease. Dr. Pauling's interest in this approach was influenced by Canadian psychiatrist Abram Hoffer, MD, PhD, who was applying nutritional biochemistry in psychiatric research with a focus on niacin therapy for treating schizophrenia.

Orthomolecular medicine, based on a foundation of biochemistry and clinical nutrition, has grown at a prodigious rate over the past 50 years. What began as 'megavitamin' therapy for mental disorders, clinically applied by a small group of innovative physicians, has grown into an international movement with a broad scientific database and ever-expanding range of therapies to prevent and treat numerous medical conditions.

Natural, non-patentable orthomolecules are of limited financial interest in the current model of medicine. However, nutrient deficiencies and dependencies provide a rich area of scientific investigation and clinical application due to their prevalence and responsiveness to treatment.



Abram Hoffer

Knowledge of the safe and effective use of nutrients, enzymes, hormones, antigens, antibodies and other naturally-occurring molecules is essential to ensure a reasonable standard of care in medical practice. A significant barrier to incorporating orthomolecular therapies within conventional medicine is the lack of education on nutrition in medical schools. A 2010 survey of British Columbia family doctors found that approximately 80% described their medical school nutrition education as inadequate, and only 30% reported using any nutrition resources whatsoever.

The purpose of the *Orthomolecular Medicine Today Conference* is to address this educational deficit by providing health care professionals with high-quality research, cutting-edge clinical applications, and opportunities to connect with leading innovators from around the world.

The International Society for Orthomolecular Medicine is a registered charitable organization with a mission to advance education, communication and advocacy for improved patient outcomes using orthomolecular medicine.

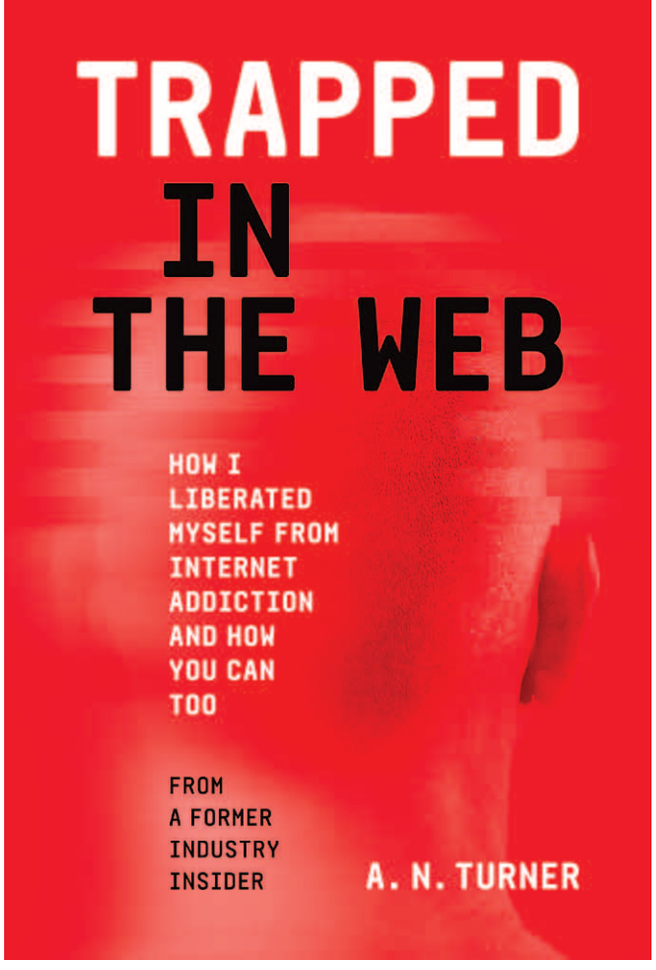
ISOM

International Society for Orthomolecular Medicine

www.isom.ca

Breaking the feedback loop

You, me and everyone we know


TRAPPED
IN
THE WEB
HOW I LIBERATED MYSELF FROM INTERNET ADDICTION AND HOW YOU CAN TOO
FROM A FORMER INDUSTRY INSIDER
A. N. TURNER

by A.N. Turner

We are drowning in a sea of free information. The Internet is in our businesses and homes, our bedrooms. An army of designers and data-crunchers spend their working lives figuring out ways to make us stay plugged in longer. Our desires are being repackaged by giant tech companies and then sold back to us under the guise of free content. It isn't free. We are paying for it with intangible currencies that people are only now beginning to understand—our time, our privacy, our willpower, our relationships, and our futures.

The fortress of solitude

The titans of tech understand this too well. Satya Nadella, the CEO of Microsoft, writes: "We are moving from a world where computing power was scarce to a place where it now is almost limitless, and where the true scarce commodity is increasingly human attention." The Internet feeds on our clicks, our likes, our friends, our followers. The more we consume, the more it consumes us.

Herbert Simon, Nobel Prize winner in economics, said it best: "What information consumes is the attention of its recipients. Hence a wealth of information creates a poverty of attention." We aren't experiencing a wealth of information, but a torrential flood. And since our future currency is our attention span, we must find a way to higher ground, to a place where our most valuable resource is our own, or we will drown.

No time like the present

Young people are supposed to be taking control of their lives with unfettered access to information, but the opposite is happening. Digital media is preventing us from finding meaning or purpose. We are falling into a new age of alienation—from our work, from other people, from our very bodies. We've already witnessed the amoral, click-obsessed social networks and news aggregators hijacking our presidential election. With similarly dire consequences, millions of young people's essential selves are being hijacked by this conscience-less machine.

And it is getting worse. The potency of the distractions—when complex algorithms dictate the content in your news feed, personalized content that is, once you see it, nigh impossible to avoid clicking on—make them severely habit-forming. In fact, entire industries are popping up, attempting to monetize the cracks in our resolve. New, increasingly immersive platform technologies like virtual reality and augmented reality are emerging. New temptations. New distractions.

Coders, thinkers, and designers have access to user data and ingenious ways of mining it. They have algorithms that reveal our urges, secrets, desires, political leanings, buying habits, reading habits, listening habits, watching habits. They know things about us we often don't know about ourselves. The Internet is compromised. It exists to capture human attention, warp it, contain it, and then transmogrify it into profits. These methods of data extraction are only getting more and more canny and effective. As companies behind various forms of digital entertainment receive more data on user behavior, they are able to optimize their services to make them more psychologically appealing, reducing barriers to allow near limitless use.

We have to retool our relationships to machines. We have to exercise self-control now. It may sound like science fiction, but we risk an entire generation being subjugated by inescapable addiction. We risk Aldous Huxley's nightmarish vision, where everything is permitted, pleasure is the only pursuit, sex is loveless, and temporary derangement is the major form of recreation. We are already living in a dystopian future; a brave new world is right around the corner.

Behind the emerald curtain

You are not a customer of Facebook, Snapchat, or any of the other social media websites. You are their chief product. This fundamental idea is key to understanding why social media websites work the way they do. If you learn nothing else, remember this.

Social media, like any other giant industry, has no conscience. The structure of the business is quite simple: keep users on their websites as long as possible, learn everything you possibly can about them, and then sell that information to other companies. The goal of social media websites is to keep you clicking; any human connection you might find along the way is incidental.

On Facebook, you are not a customer. You – your time, your attention, your friends, your clicks, your searches, your interests, your likes – are Facebook's product, a commodity to be bought and sold.

We are our user data

Companies pay loads of money to have access to our data. Our data is our digital fingerprint, unique to us, revelatory. Companies mine our blogs, our video chats, our email. They sneak custom ads into our news feeds. They predict the videos we want to watch, the news stories that angle in our political direction. They have algorithms that predict the movies we want to watch, the music we want to listen to, the underwear that will make us look the best.

The online paradigm is predicated on human attention. Every website worth its salt is designed to keep you on that website just a bit longer. At its essence, the primary function of the Internet is to suck up your time, and, in so doing, create customer profiles for companies to sell to.

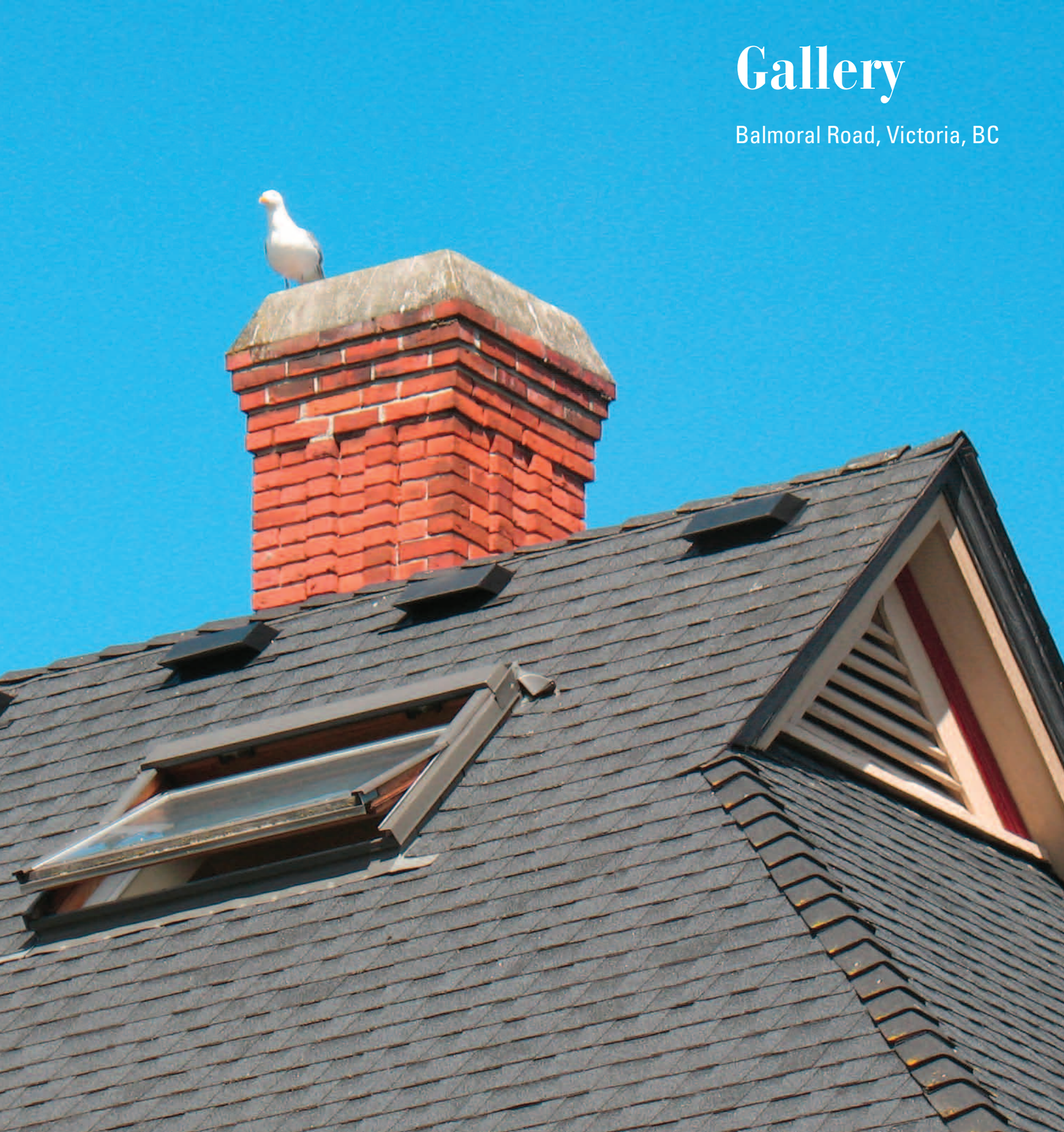
Our attention spans haven't evolved to handle the allure, the seduction, or the overload. Horror movies, by way of a strange example, scare us because movies have only been around a hundred or so years; what we see on the screen tricks us into thinking that we are the ones in danger even though we're safe at home on the couch.

The Internet does a similar thing. We feel connected to other people even though we aren't; we're safe at home, alone on the couch. News stories pop up and make us indignant; videos appear that make us laugh and cry. Book recommendations with the cheapest place to buy them pepper the edges of webpages. Movie previews of movies we want to see and didn't know existed pop up inside our web browsers. This might sound like a good thing, but it comes at a heavy price.

We trade our personal selves, our internal lives, to social media websites, which convert them into pure profit. In exchange, we are given the privilege of being sold things. And with *continued page 23 ...*

Gallery

Balmoral Road, Victoria, BC



Independent Media Rodrigo Samayoa

Restoring the buyer's right to repair

How would you feel if you couldn't repair your car at an independent shop? What if your car broke down during a road trip and there was no authorized dealer near you?

Would you buy that car? For most people the answer would be no.

Repairing, upgrading and tinkering with cars is a tradition as old as cars themselves. Many car owners pride themselves in being able to keep a car on the road after 10, 20, 30 or 40 years of use.

Many more have an established relationship with their local independent mechanic, who charges less for repairs and parts than the dealerships. In fact, most rural communities rely almost entirely on mom-and-pop shops to keep their vehicles running.

Why, then, do we not expect the same from other things we buy, such as smartphones, laptops, washing machines, refrigerators – or even farm tractors?

Product manufacturers are making it increasingly difficult for us to repair products we buy. They use software locks, copyright law, non-standard parts and tools, warranty restrictions, restrictive design and planned obsolescence to prevent you from repairing goods you own. All in the name of profit.

Manufacturers like Apple to John Deere are doing everything in their power to monopolize the repair market of their products. This way, they can profit by both charging you outrageous prices for simple repairs and by forcing you to buy new products when the cost of repair is too high.

Products like the iPhone have become infamous for how hard they are to repair. A simple cracked screen can cost iPhone users upwards of $300 to repair through the Apple store.

Products like the iPhone have become infamous for how hard they are to repair. A simple cracked screen can cost iPhone users upwards of $300 to repair through the Apple store.

If you don't want to pay that price, you may be out of luck, because independent repair shops can no longer make some of these simple repairs due to software locks iPhones use to prevent third-party repairs. But this goes beyond smartphones. It applies to home appliances, computers, power tools and even farm equipment.

Farmers have for years been the subject of the predatory repair monopoly John Deere has over its tractors. The company forces farmers to repair their tractors through authorized dealers by using software locks and warranty restrictions. These restrictions can have major impacts on the ability of farmers to afford their equipment or even get timely repairs during harvest season.

Ultimately, these repair restrictions are leading to increased e-waste, higher cost of ownership for basic products like computers and smartphones, and the loss of tens of thousands of jobs as independent repair shops close down.

The Right to Repair

What differentiates the auto industry from tractors or smartphones is that the auto industry is subject to right to repair laws and agreements.

The right to repair is the idea that people and independent shops should have access to the information, diagnostics, tools and parts necessary to do repairs on products at a reasonable price.

Unfortunately, these policies don't exist outside of the auto industry. But that's changing. Right to repair bills are being considered in 20 US states, the European Union, Ontario and Quebec to give people back the full ownership over the goods they buy.

The bills currently being proposed in Ontario and Quebec would go a long way in making products last longer, reduce the cost of ownership, and reduce the amount of e-waste going into our recycling facilities and landfills. But the problem is that these bills would only apply to consumers in Ontario and Quebec.

As the right to repair movement grows, the time has come for the federal government to seriously consider national right to repair legislation that covers the whole of Canada.

The time has come for the federal government to seriously consider national right to repair legislation that covers the whole of Canada.

With an election coming up later this year, parties have an opportunity to back popular, common sense right to repair legislation. But they will only do this if they see that this is a priority for people in Canada.

That's why OpenMedia has launched a petition calling on Minister Bains, who is in charge of Consumer Affairs, to table right to repair legislation in Canada. It's time for government to reduce waste and boost the economy by putting people first.

Rodrigo Samayoa is a digital campaigner at OpenMedia and lives in rural Northern BC, where there are no Nissan dealerships or authorized electronics repair shop. All repairs on his car, bike, electronic devices and appliances are done by independent community shops.

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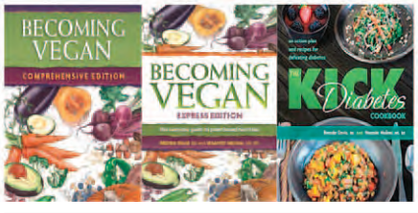

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Science Matters David Suzuki

ENVIRONMENT

Stop fiddling while the planet burns

Will someone please tell me what the hell is going on? Last October, the Intergovernmental Panel on Climate Change released a special report indicating that global emissions are still rising despite more than three decades of warnings. Now we're on a path to a 3 to 5° C temperature rise above pre-industrial levels by 2100. The IPCC concludes that anything above a 1.5° C rise will take us beyond our ability to "manage" the consequences, but that it is still possible to keep global average temperature increase at or below that.

The report's urgency, coupled with the possibility of remaining within a manageable temperature, should be the driving force behind all we do from here on. Yet some federal and provincial political leaders continue to downplay or deny the reality and severity of climate disruption, loudly opposing proven measures to address it. Canada is warming even faster than most of the world! Even those who agree it's a crisis are doing little about it. They are not leaders.

Swedish teen Greta Thunberg says political inaction is destroying her future. She refuses to listen to politicians' words and instead judges them by their actions. When I was her age, we would say, "Big talk, no action." Thunberg has listened to what scientists are telling us and is taking their predictions seriously. Every child on Earth has the right to say that no government is acting in their best interests. But kids can't vote, so ignoring them has no apparent political consequences, at least until they are old enough to vote or their voting-age parents rise up and demand action on their behalf.

Prime Minister Justin Trudeau and Environment and Climate Change Minister Catherine McKenna have young children who will surely be greatly affected by climate change, but they've done little to raise the IPCC's alarm or educate the public about the severity of climate disruption. It's all because of politics. They don't want to jeopardize their chances in the next election so they avoid antagonizing some segments of society.

The IPCC concludes that anything above a 1.5° C rise will take us beyond our ability to "manage" the consequences, but that it is still possible to keep global average temperature increase at or below that.

As the SNC-Lavalin affair demonstrated, we see politicians held hostage by corporate threats of job losses or head offices moving to other countries. As economist and Columbia University professor Jeffrey Sachs recalls, ozone-depleting CFCs were not eliminated by raising taxes on them or encouraging the public to stop buying CFC-containing spray cans or refrigerators. They were legislated out.

We're in a battle for a liveable future and must make a declaration of war against catastrophic climate change. It's too late to remove the carbon we've already put into the atmosphere, so we'll have to live with the results for decades. But it makes no sense to continue to add to what is already at a devastating level – and higher than it's been for millions of years.

I used to say it's as if we're in a car heading toward a brick wall at 100 kilometres per hour, and everyone is arguing about where they want to sit, rather than looking ahead, putting on the brakes and turning the wheel. I don't say that anymore because we're more like a Road Runner cartoon. Road Runner approaches the edge of a cliff, then stops suddenly or turns to avoid it. But Wile E. Coyote keeps charging straight ahead and goes over the edge. Wile E. has that moment of realization when he's suspended in air, looks down and sees he's gone too far, then plunges to the canyon bottom.

Many of my colleagues argue it's too late, that we're like the coyote, already over the edge, about to fall. Is that an argument for doing nothing? I don't think so, because we still don't really know whether we're the coyote or the roadrunner. And even if we fall, we might be able to avoid being crushed by the falling rock or anvil. Let's stop all the name-calling and denial, listen to the experts, seize the challenge and make the commitment to meet the IPCC target.

The economic, social and environmental consequences of whatever governments do or don't do now will be enormous, but we have to do all we can to keep from hitting bottom. As Abraham Lincoln said, "Commitment is what transforms a promise into reality."

David Suzuki is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Learn more at www.davidsuzuki.org.

Assange from pg. 3

common journalist-source interactions that reporters rely on all the time. Requesting more documents from a source, using an encrypted chat messenger, or trying to keep a source's identity anonymous are not crimes; they are vital to the journalistic process. Whether or not you like Assange, the charge against him is a serious press freedom threat and should be vigorously protested by all those who care about the First Amendment.

American Civil Liberties Union (ACLU)

Ben Wizner: "Criminally prosecuting a publisher for the publication of truthful information would be a first in American history, and unconstitutional. The government did not cross that Rubicon with today's indictment, but the worst case scenario cannot yet be ruled out. We have no assurance that these are the only charges the government plans to bring against Mr. Assange. Further, while there is no First Amendment right to crack a government password, this indictment characterizes as 'part of' a criminal conspiracy the routine and protected activities journalists often engage in as part of their daily jobs, such as encouraging a source to provide more information. Given President Trump's and his administration's well-documented attacks on the freedom of the press, such characterizations are especially worrisome."

Amnesty International Ireland

"Amnesty International calls on the UK to refuse to extradite or send in any other manner Julian Assange to the USA where there is a very real risk that he could face human rights violations, including detention conditions that would violate the absolute prohibition of torture and other ill-treatment and an unfair trial followed by possible execution, due to his work with Wikileaks."

Human Rights Watch (HRW)

"Prosecuting Julian Assange for acts often associated with publishing news of public importance – including sensitive or classified information – has potential to open a dangerous precedent for every news organization," said Dinah PoKempner, general counsel at Human Rights Watch. "The Trump administration's open hostility to 'mainstream media' has contributed to an increasingly dangerous environment for investigative journalism worldwide."

Blueprint for Free Speech

The current indictment does not directly seek to criminalise publishing, but targets the communications between sources and journalists that make publication possible. The journalist-source relationship is not a transactional, one-way relationship. Journalists develop their sources. Journalists enter into extended conversations with their sources. They discuss ways of verifying allegations. Increasingly, they use instant messaging protocols and encrypted communications. Technology and whistleblowing go hand in hand. They always have. Daniel Ellsberg's whistleblowing involved a Xerox machine, a phone and the post. Mark Felt used phones, coded messages and a car park. Today, whistleblowers and the journalists they work with use computers and smartphones.

The communication between a journalist and a source is a particularly vulnerable part of the publication process. If journalists are unable to communicate with their sources without fear of criminal liability, the press will have one of its most vital functions curtailed. Wrongdoing in powerful institutions will no longer be exposed and stories will no longer be written, out of fear of prosecution. Combined with the threat of extradition, today's indictment represents a profound danger to the free press, not just within the United States, but also well outside its borders.

Knight Center at Columbia University (USA)

Jameel Jaffer, Executive Director of the Knight First Amendment Institute at Columbia University, issued the following response: "The indictment and the Justice Department's press release treat everyday journalistic practices as part of a criminal conspiracy. Whether the government will be able to establish a violation of the hacking statute remains to be seen, but it's very troubling that the indictment sweeps in activities that are not just lawful but essential to press freedom—activities like cultivating sources, protecting sources' identities, and communicating with sources securely."

> If journalists are unable to communicate with their sources without fear of criminal liability, the press will have one of its most vital functions curtailed.

Reporters Without Borders

"Targeting Assange after nearly nine years because of Wikileaks' provision of information to journalists that was in the public interest (such as the leaked US diplomatic cables) would be a purely punitive measure and would set a dangerous precedent for journalists, whistleblowers, and other journalistic sources that the US may wish to pursue in the future. The UK must stick to a principled stance with any related requests from the US to extradite Assange, and ensure his protection under UK and European law relevant to his contributions to journalism" said RSF Secretary-General Christophe Deloire.

Center for Constitutional Rights

Mr. Assange's arrest and possible extradition to face charges related to an alleged conspiracy with Chelsea Manning to publish documents that exposed corruption and criminality by numerous private businesses, tyrants, and countries worldwide is ultimately an attack on press freedom.The arrest sets a dangerous precedent that could extend to other media organizations such as *The New York Times*, particularly under a vindictive and reckless administration that regularly attacks journalistic enterprises that, just like WikiLeaks, publish leaked materials that expose government corruption and wrongdoing. This is a worrying step on the slippery slope to punishing any journalist the Trump administration chooses to deride as "fake news."

It comes in the backdrop of even further cruelty toward and imprisonment of Chelsea Manning, who continues to defend the integrity of her heroic decision to act as a whistleblower and expose U.S. government atrocities it committed in Iraq.

The United States should finally seek to come to terms with the war crimes in Iraq that it has committed rather than attack and imprison those who sought to expose the truth of it.

FAIR Media Watch:

'Assange's 'Conspiracy' to Expose War Crimes Has Already Been Punished'

WikiLeaks founder Julian Assange should never have been punished for working with a whistleblower to expose war crimes. Chelsea Manning, the whistleblower, has done more time in prison, under harsher conditions, than William Calley, a key perpetrator of the My Lai massacre. Remarkably, Manning is in jail again, failed by organizations that should unreservedly defend her, as the US tries to coerce her into helping inflict more punishment on Assange. … Now Assange could be punished even more brutally if the UK extradites him to the US, where he is charged with a "conspiracy" to help Manning crack a password that "would have" allowed her to cover her tracks more effectively. In other words, the alleged help with password-cracking didn't work, and is not what resulted in the information being disclosed. It has also not been shown that it was Assange who offered the help, according to Kevin Gosztola (**Shadowproof**, 4/11/19). The government's lack of proof of its charges might explain why Manning is in jail again.

CAGE (UK)

Moazzam Begg, Outreach Director for CAGE said: "This is a witch hunt against whistleblowers and those who are seeking accountability from the powerful. The UK-US extradition treaty which has always been ripe for abuse, will be used once again to silence voices of dissent." "Assange must not be extradited to the US. He is a truth-teller and one that has sacrificed his own liberty to shed light on the abuses of the world's most powerful states. If no one is above the law as Sajid Javid boasted, then surely we should be supporting Assange not arresting him."

Veterans for Peace UK

We oppose the extradition of Julian Assange to the United States and are deeply concerned that journalism and whistleblowing is being criminalised by the US and actively supported by British authorities. The indefinite detention of Chelsea Manning and the persecution of Reality Winner and John Kiriakou have demonstrated that a whistle blower will not receive a fair trial in the US court system. We believe the authorities are seeking a show trial for the purpose of revenge and to intimidate journalists.

Roundup from pg. 3

ed no link to the documents she cited, making it impossible for readers to see for themselves how far she veered from accuracy."

Kelland's compromised story was widely used by Monsanto in its efforts to discredit IARC and strip them of U.S. funding. According to Gillam, *Reuters* editor Mike Williams and ethics editor Alix Freedman both stand by the misrepresentation of Blair and have refused to issue a correction.

EPA a Monsanto captured agency

Emails and internal documents also show high-ranking officials at the U.S. Environmental Protection Agency (EPA) have protected Monsanto's interests by manipulating or preventing key investigations into glyphosate's cancer-causing potential. In other words, taxpayers' money has been used to shield Monsanto from liability and obstruct consumers' ability to prove damages.

Monsanto has defended Roundup's safety in court by leaning on a 2016 EPA report that found glyphosate is "not likely to be carcinogenic" to humans. A key author of the report was Jess Rowland, the deputy division director of the EPA's Office of Pesticide Programs (OPP). The EPA's conclusion, which runs counter to the IARC's determination that glyphosate is probably carcinogenic, met with severe criticism – so much so, a scientific advisory panel was convened to evaluate the strength of the EPA's decision. According to some panel members, the EPA violated its own guidelines by discounting and downplaying data from studies linking glyphosate to cancer.

Email correspondence between Rowland and EPA toxicologist Marion Copley suggest Deputy Director Rowland colluded with Monsanto to find glyphosate non-carcinogenic. Copley cited evidence showing glyphosate is toxic to animals and accused Rowland of playing "political conniving games with the science" to help Monsanto. Rowland also warned Monsanto of the IARC's determination months before it was made public, giving the company time to plan its defense strategy. Email correspondence also showed Rowland helped stop a glyphosate investigation by the Agency for Toxic Substances and Disease Registry (ATSDR), which is part of the U.S. Department of Health and Human Services, on Monsanto's behalf. In an email, Jenkins recounts a conversation with Rowland, in which Rowland said, "If I can kill this I should get a medal," referring to the ATSDR investigation.

In correspondence between Daniel Jenkins, Monsanto's manager for regulatory affairs, and Monsanto chief scientist William Heydens, Jenkins also confirms that Monsanto indeed had far more reason to worry about the ATSDR than the EPA, as the ATSDR had a reputation of being "*very* conservative and IARC like," and "hazard based."

In a 2017 *Huffington Post* article, Carey Gillam cites evidence showing Jess Rowland was not acting alone. Other high-ranking EPA officials also appear to have worked on Monsanto's behalf, including Jim Jones, assistant administrator for the Office of Chemical Safety and Pollution Prevention, and Office of Pesticide Programs Director Jack Housenger.

"Rather than encourage and assist the toxicology review of glyphosate, Monsanto and EPA officials repeatedly complained to ATSDR and to the [U.S. Department of Health and Human Services] that such a review was unnecessarily 'duplicative' and should take a back seat to an EPA review also underway," Gillam writes.

The obfuscation seems to have worked. By October 2015, she says the ATSDR review was "fully on hold."

Yet the damning evidence remains. Recent research shows the glyphosate used in Roundup has multigenerational effects. Pregnant rats exposed to half of the no-observed-adverse-effect-level of glyphosate between the eighth and 14th day of gestation had offspring with higher rates of birth defects, obesity, and diseases of the kidneys, prostate, testes, ovaries and mammary glands (breasts). Third generation male rats had a 30% higher rate of prostate disease than the controls, while third generation females had a 40% higher rate of kidney disease. Cancer increased in second-generation rats but not in the first and third generations. Eleven thousand lawsuits can't be wrong.

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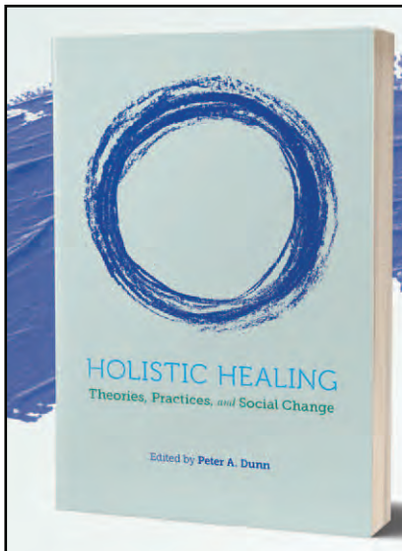

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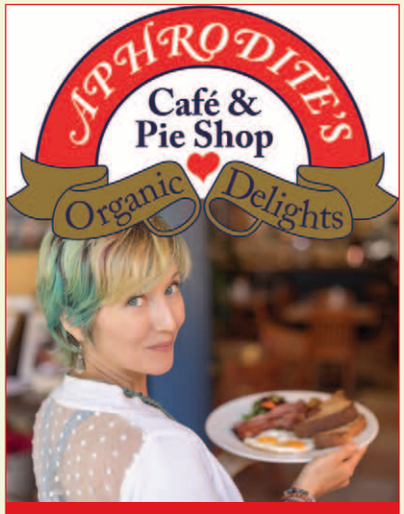

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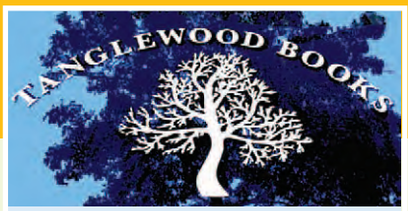

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Deva Premal & Miten with Manose Band: On the Wings of Mantra world tour. 7:30 pm. Details at www.DevaPremalMiten.com

MAY 24 - 26
Basic Foot Reflexology Certificate Weekend Training Course. Friday Introduction 7 pm $10; Course $395 + gst. Pacific Institute of Reflexology (604) 875-8818, www.pacificreflexology.com

MAY 30 (also **JUN 17**) Vancouver
MAY 29 (also **JUN 19**) Calgary; All 7:30 pm. Open House for the 6 weekend Shamanic Power Initiations Program. Everyone welcome. RSVP info@shamanicmedicine.ca www.shamanicmedicine.ca

MAY 31-JUN 2
48th Annual International Orthomolecular Medicine Today Conference. A forum for leading clinicians and researchers to present current advances in orthomolecularmedicine. Fairmont Hotel Vancouver. www.isom.ca/event/omt2019/

JUN 1
Free Open House - Institute of Holistic Nutrition (Vancouver): Course/Career opportunities, exhibits, talks & more. 9AM-5PM, 604 West Broadway, Ste. 300. 604-558-4000. Lecture descriptions at www.instituteofholisticnutrition.com

JUN 2
Public Workshop: Orthomolecular Cancer Therapies. Join leading Naturopathic physicians for an interactive discussion on innovative Orthomolecular Cancer Therapies. 2:30pm. Fairmont Hotel Vancouver www.isom.ca/event/cancer/workshop/

JUN 6
Holistic Healing: Thought provoking holistic healing book launch & discussion at UBC, 9-10 am, 2309 Nest AMS Building. Everyone welcome. https://www.canadianscholars.ca/books/holistic-healing

JUN 15-18
Live Blood Analysis Certification course: enhance your practice or start a New Career. Intensive 4 days Live Blood Workshop on June15-18/Aug3-6, 2019. Level 1, 2 with John Blackburn, Certified LBA Instructor and Level 3 - Blood Energetix with Dr.Diane Blackburn,PhD,DNM; be a Quantum Doctor. www.livebloodcourse.com, livebloodcourse@gmail.com 604-531-3480

AUG 24-25
Become a Certified Life Coach or Executive Coach: Century Plaza Hotel & Spa, Vancouver. This 2-day intensive will teach you everything you need to know to succeed.
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THURSDAYS
Women's Sufi Circle: A Contemporary Study of Ancient Wisdom. A time to connect with your heart, revive your spiritual being, discover hope and understand the purpose of your life. Thursdays 7-8:30PM. False Creek, Vancouver. RSVP nadia@pureintentions.net

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Let's subsidize cultivation of plant-based protein

According to data provided by the Organisation for Economic Co-operation and Development, the value of annual government support to Canadian agriculture producers has fluctuated between US$7.5 billion and US$3.2 billion since 1986. The beneficiaries of those tax dollars have primarily been beef, pork, poultry, egg, and dairy farmers.

We know that livestock farming can be hard work, made more so by challenging weather and unreliable trade agreements. Yet the World Health Organization tells us that high consumption of meat can increase the risk of cancer. Moreover, cured meats – bacon, ham, and sausage – are "convincing carcinogens" grouped in the same category as Roundup and cigarette smoking. Meats and cheese are linked with overweight and obesity.

Scientists know that by adopting a plant-based diet, we can reduce our risk of hypertension by 75 percent; of cardiovascular disease and type 2 diabetes by 62 percent; and various types of cancer by 19 to 50 percent. Do we want to subsidize foods that vastly raise our risk of these devastating conditions? Such subsidies contradict Canada's Dietary Guidelines and our new Food Guide. With socialized medicine, we end up paying the subsidies *plus* the overwhelming medical costs.

Our government says it wants to establish a "clean, safe and sustainable environment for present and future generations." But compared with producing 1 kg of beef protein, 1 kg protein from kidney beans requires 18 times less land, 10 times less water, 9 times less fuel, 12 times less fertilizer, and 10 times fewer pesticides. Beef production generates considerably more manure waste than other animal farming or aquaculture – all strong polluters. Pig farming creates immense toxic manure ponds. Some farm subsidies aim to reduce disease in those unfortunate pigs raised in crowded, foul conditions before slaughter, and to reduce diseases that can be passed on to humans. But now that we are aware of significant associated risks to the environment and to human health, does continuing to heavily subsidize animal products make sense?

When it comes to meat, some subsidies are indirect. For example, financial support goes to producing the soy and corn that provide animal fodder, thus enabling the production of cheap industrial meat from concentrated animal feeding operations. Some dairy subsidies can be used to promote milk consumption.

While agriculture has considerable political support, most of us are unaware of the actual costs of farm subsidies to the taxpayer. Better informed, we might prefer fewer subsidies for items that both increase the risk of chronic disease and heavily pollute the environment. David Simon, lawyer and author of *Meatonomics*, has concluded that a McDonald's burger that costs about $5 to purchase would actually cost $13 without all the subsidies.

Does this situation seem crazy? By relying on meat and other animal products we increase obesity; increase the risk of cardiovascular disease, type 2 diabetes, hypertension, and cancers; and destroy our planet.

The *Canada Food Price Report* of 2019 forecasts that the price of vegetables and plant-based protein will rise, and the price of subsidized meat will drop. We would be better off to strongly subsidize Canadian lentils and other legumes (www.pulsecanada.com) and the farming of organic produce. These foods reduce our risk of chronic disease, reduce inflammation, increase longevity, and are known to support the overall health of Canadians.

In Ottawa, this June 14 and 15, there will be a Nation Rising march and rally on Parliament Hill, and a chance to talk with our elected representatives regarding the use of public funds for animal agriculture subsidies. See https://bit.ly/2ITxK0b

Vesanto Melina is a Vancouver dietitian and author (www.nutrispeak.com). Also see www.meetup.com/MeatlessMeetup/events/

References

OECD, Agricultural support (https://bit.ly/2zKoGaR)
Meatonomics, David Simon (https://apple.co/2W4oBFR)
Pulse Potential: *Why are Lentils and Beans Rising Canadian Crop Stars?* (https://bit.ly/1FBG8Fb)
Environment and Climate Change Canada (https://bit.ly/2on7XkQ)
Over $6 million in federal funding announced for Canadian pork industry (https://bit.ly/2XLeOF7)

*...**Breaking feedback** from pg. 14*

increased Internet speed and advancements in virtual reality technology, this is going to get a lot worse.

The current boom in entertainment technology— which will only continue to grow with the development of new technological platforms that provide more, and still more, stimulating entertainment—has grown in response to both the steep psychological costs of late-stage capitalism that it temporarily alleviates, as well as the abundance of free time that many people of privilege now have at their disposal. Robotics, automation, outsourcing—we are always looking for more free time, only to fill it with digital stimulation.

The scratch just makes a bigger itch.

A.N. Turner uses his extensive academic and professional knowledge to help people understand and improve their relationship with the Internet. At the University of Pennsylvania he researched the influence of technology, where he was motivated to uncover the truth of Internet addiction, particularly in young adults. His experience working at a marketing partner of Facebook, and other large Internet companies allows him to understand the manipulative tactics of online super powers, or rather super villains. A.N. Turner currently works in advertising technology in New York City.

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Dear Joseph Roberts,
My eyesight is getting to be so limited, it takes me at least a half hour, in ten minute segments to read a one page Common Ground articles. As a result, I read the last page of the December 2018 / January 2019 edition today. “I must be due to send my 2nd annual donation to my 'survival magazine ,” says I to me. When I check my records I found I was two months late. Enclosed is my “cheque of hope” that Common Ground will carry on until it is no longer needed in a world we all deserve.
Sincerely,
Beverly J. B., Surrey, BC

Cheers!! Keep up the “Good Work”
Albert B., Richmond

Valerie C., Vancouver

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Joseph Roberts
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